

Go! Get your Vitality Check!



**Knox County Health
Dept.
Saturday, Jan. 30
9 a.m.-1 p.m.
261 Hospital Drive
Barbourville**

If you chose a LivingWell health plan for 2016, take your Vitality Check or Health Assessment by May 1.

The Vitality Check (biometric screening) consists of a finger prick to measure your cholesterol and blood glucose, a blood pressure check, and height, weight, and waist circumference measurements. The Health Assessment is an online survey. Sign in to HumanaVitality at LivingWell.ky.gov.

1. You choose the time; no appointment required

- Take your HumanaVitality ID card. Your HumanaVitality member ID number is on this card and will be used when you get your Vitality Check.
- Bring a photo ID.
- Fast for at least nine hours prior to your appointment.

2. Proof of completion

Hold on to your Vitality Check results form for immediate proof of completion. You can also log in to HumanaVitality, hover over “Get Healthy,” click “Achievement Dashboard.” Vitality Checks may take 4-6 weeks to appear following your screening date. Click “Download as PDF” to save a document that can serve as proof of completion. Your online Health Assessment should appear on the Achievement Dashboard within 24 hours.

3. Get rewarded

HumanaVitality rewards you for completing your promise. Receive 2,000 Vitality Points just for completing the Vitality Check, and up to an additional 2,000 Vitality Points for results in healthy ranges. Earn even more points by completing the online assessment by logging in to HumanaVitality at LivingWell.ky.gov.

Humana Vitality *LivingWell.ky.gov*



Can't make this event? Screenings are offered at no cost to you at a number of convenient locations. [Find locations here.](#) If you have your Vitality Check done at your primary care physician, an office co-pay may apply, and you must submit proof to HumanaVitality. [Find the form here.](#)

Visit LivingWell.ky.gov for all your wellness benefits.
Questions? Contact [Tammy Owens](#) at 606.546.5919